CDC: Tips from Former Smokers – Cessation PSA (:30)

[Beatrice] The thought of my sons growing up without me inspired me to quit smoking.

[Wilma] I talked to my doctors and then I threw away all my cigarettes, ashtrays, and lighters.

[James] I started exercising instead of smoking.

[Wilma] Staying away from alcohol when I was first quitting was key.

[James] I kept on trying. Learned something each time.

[Wilma] Do whatever it takes.

[James] No matter how many times it takes.

[Beatrice] We did it. So can you.

[Announcer] For free help, call 1-800-QUIT-NOW.

A message from the US Department of Health and Human Services and CDC.